ST ALBANS PARKOUR GYM SESSIONS

Tuesday evenings at Francis Bacon School
5pm – 6:30pm for under 12s
6:30pm – 8:30pm for over 12s

Thursday evenings at St Georges School
6:00pm until 7:30pm for under 12s

Each session costs £5 per person

All participants require a signed code of conduct form to participate. For more information or to obtain more forms, please call the Sports Development Team on **01727 827667** or email **saash.sports@leisureconnection.co.uk**

Sessions take place in term time only – contact us for details of holiday sessions.

For local Parkour information, register as a free member to www.**hertsparkour**.co.uk

St Albans Arts Sport & Health

St Albans City & District Community Safety Partnership

active st albans

livewire

Herts Parkour

Kinetix

live to move

St Albans City & District Council

Provided by St Albans City and District Council.
Managed in partnership with Leisure Connection.

Leisure Connection

Parkour Code of Conduct Form

Name: _____ Date of birth: _____

Address: _____

_____ Postcode: _____

Email: _____

Emergency Contact Number of Parent/Guardian : _____

If you have had any previous injuries that may affect your levels of participation, please state them so that the coaches can adapt the session to allow maximum involvement:

_____

_____

If you do not wish to be included in any photographs or videos taken for use in Leisure Connection publications or local press, please tick here ☐

For you to read and understand

If you wish to attend the session, then it is important you agree with the following; We do not partake in parkour/ free running with the intention to injure ourselves or others, we do not promote dangerous or illegal activities, we practice at ground level, we do not trespass or damage property, we move on if asked to do so by officials and we bring with us to every session a friendly, attitude free manner.

Signature: _____ Print Name: _____

For your parent/guardian to complete

I give my consent for my son/daughter* (*delete as appropriate) to participate in the parkour gym session. I understand that the session will promote high levels of health and safety, and will be focused on ground-based activity. I understand that neither Team Kinetix nor St Albans Sports Development Team can be held responsible for any injuries or incidents that occur outside of the structured gym session environment.

Signature: _____ Print Name: _____ Date: _____